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The Art of Sex
IN
Love & Marriage

BY

Irene Doneraile

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Printed & Published by

KOTHARI & CO.
FORT :: :: BOMBAY

1st Edition Sept. '42.

2nd Edition Jan. '43.

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THE ART OF SEX IN LOVE & MARRIAGE

by

IRENE DONERAILE

INTRODUCTION

An encouraging development in our generation is our tendency to enquire, examine and demand facts on subjects that were once forbidden as being indecent. One of these was the subject of sex, which was looked upon as something to be mentioned only behind closed doors in the innermost privacy of bedrooms or as the subject for crude and vulgar jokes in men's smookers and similiar places inhabited exclusively by males. Be it to their everlasting credit that the present generation has at last wiped out the disrespectful, hush-hush attitude that our forefathers adopted on the subject of sex and marriage relations. Today we realize that these things can be the most beautiful, uplifting and satisfying of emotions, and we rightly demand the complete facts concerning them.

Many books have been written in recent years on the subject of sex and marriage relations, but most of them have been by doctors and psychologists, who, while they

have discussed these vitally important subjects with commendable frankness, have in most cases, not been entirely successful in expressing themselves in terms that were absolutely clear to the average man or woman. Many books now on sale in fact deal with branches of sex and marriage which can only be of interest to the scientific or professional man and thus the public, lured by the sensational advertising of publishers, have been induced to spend large sums of money for so-called books on sex and marriage relations which have not provided them with all the necessary information, or in terms that were not understandable to laymen.

Thus I have long felt that there is a very definite need for a publication that will explain the delicate, complicated subject of sex and marriage relations in terms that will be absolutely clear to anyone who is able to read and of the age when complete knowledge of these subjects should be acquired. I believe this work to be unique in the sense that not many women have had the courage to deal with such a delicate, difficult subject in cold print. I have tried to treat the subject of sex with all the delicacy and reverence that is its natural right, and at the same time be as frank, clear and complete as possible. I trust that the reader will conclude, after reading through this book, that my efforts have not been in vain.

CHAPTER I

WHAT IS SEX AND LOVE?

What is love, and how does it differ from sex? Many persons are inclined to confuse the two, as the word 'love' is frequently used in very wide sense that clouds its real meaning. 'Love' says Augeste Forel in his famous work. "The Sex Question", in the primitive sense of the word is the sex instinct guided by the brain. "Love" say innumerable poets, "is the unselfish passion that moves us to acts of devotion and adoration." "Love" says the cynic, "is merely the polite drawing room word for sex." Thus everyone seems to have their own particular opinion of the meaning of the word. All of them in fact are partly right, but none of them are entirely correct.

There are many kinds of love. Love for a mother, sister, father, brother or friend. All of these types of love have no relation whatever to sex. On the other hand, there is an entirely different kind of love, the kind that married persons should have for each other. The sort of love that is closely interwoven with sex. We are concerned here with this type of love. What actually is it? How does it differ from sex and yet be so closely related to it that it is frequently impossible or difficult to clearly differentiate between the two?

Love, in relation to couples who are married or who are contemplating marriage, can best be explained as an emotion that does

not necessarily demand physical satisfaction, as do the emotions of hunger or sex. Thus it is quite possible for a man to love a woman, that is to say, desire to protect her, care for her, kiss and caress her, without desiring actual intercourse with her at that particular time. But it must not be assumed from this observation that love ceases to exist when man is controlled by the sex urge. On the contrary, the emotion love is a very important factor in bringing about satisfactory relations, without it the sex act degenerates into a mere gratification of lust, from which neither partner derives full or complete satisfaction.

Too many men who, during courtship have been ideal lovers, forget entirely after marriage that the self-same acts of devotion and adoration that won them the love and trust of their brides should be more than ever maintained throughout their married lives, if they are to be at all satisfying and enduring. It is an entirely erroneous conception of marriage to look upon it as merely a legal right which entitles the man only to what is commonly referred to as 'martial rights.' Unfortunately many men, even in this enlightened day and age still retain this fantastic illusion. They deny the wife the right to any sex satisfaction. They do not, as a matter of fact know that she has any feelings that need to be satisfied just as urgently as do theirs, as we shall see later on in this book. Such men consider marriage as the legal right to do as they please where their wives are concerned.

I emphatically state that if a man is to have a blissful, successful, marriage it is essential that from the very moment that he begins to consider marriage, to rid himself of the illusion that woman have no urge and necessity for sex satisfaction. The truly informed man who is anxious to make his Marriage the beautiful and satisfying emotional experience that it should be realizes once and for all that the woman too has her rights in everything pertaining to sex and marriage relations. The denial of these rights can only mean a wrecked marriage, more often than not bringing about ill health and shattered nerves for one or both man and woman, and ending in most cases, in the Divorce Court.

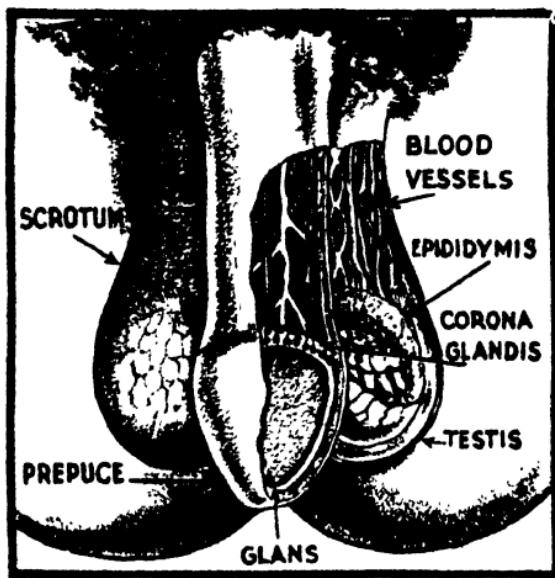
The success or failure of marriage then to a large extent, depends upon the male partner continuing the many little acts of courtesy, respect and affection that he has shown towards his beloved during the days of his courtship. Women have the right to expect this from their husbands. The days when a wife was looked upon as a soulless chattel, devoid of any emotions are gone. Successful marriages today are the ones created out of love, respect, courtesy and an intelligent, tolerant attitude between husband and wife. We therefore see love, as something quite apart from sex, yet as we shall see later on, closely interwoven with it when a couple is harmoniously married.

CHAPTER II

The Organs of Sex and Reproduction.

The organs of reproduction in man are the penis, the testicles and their appendages.

The *penis* is a hollow, spongy organ, through which runs a passage to the bladder, called the *urethra*, by which the urine escapes, and which also serves for the exit of the *semen* (impregnated fluid). Its body consists of two parts, different in size. The larger (in the two halves) is called the *corpora cavernosa* and the under the *corpus spongiosum*. Both parts extend from the *pubs* at the body to the glands suited at the end of the penis.

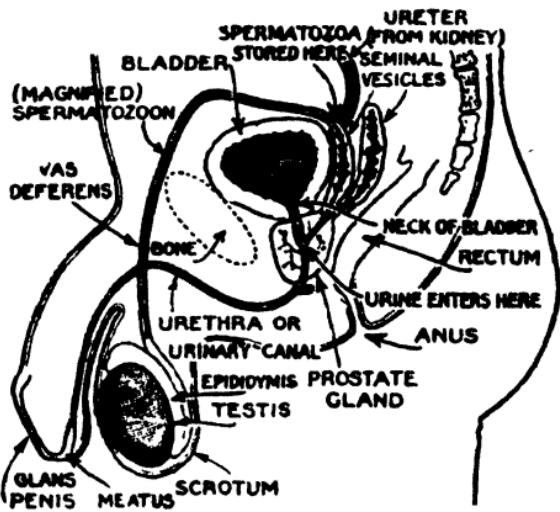


A view of the external male organs, partly opened to show network of blood vessels, etc. The corona glandis is the principal point of sex irritation in the male, because of nerves ending there. The opening in the glans is the urethra.

The *corpora cavernosa* and *corpus spongiosum* are, as their names indicate, spongy or hollow tissues. They are capable of great enlargement and rigidity for erection,

which occurs during sexual excitement when the blood is attracted and drawn into the penis thus firmly distending it. The parts relax, contract and resume their normal size after this flow of blood and consequent congestion subsides. The whole of the penis is covered by skin (excepting the end), which extends to or beyond the *glans*, partly or wholly covering it, but not being attached, can be drawn back. This loose skin is called the *foreskin*, or *prepuce* and in some races is cut off by the rite of circumcision.

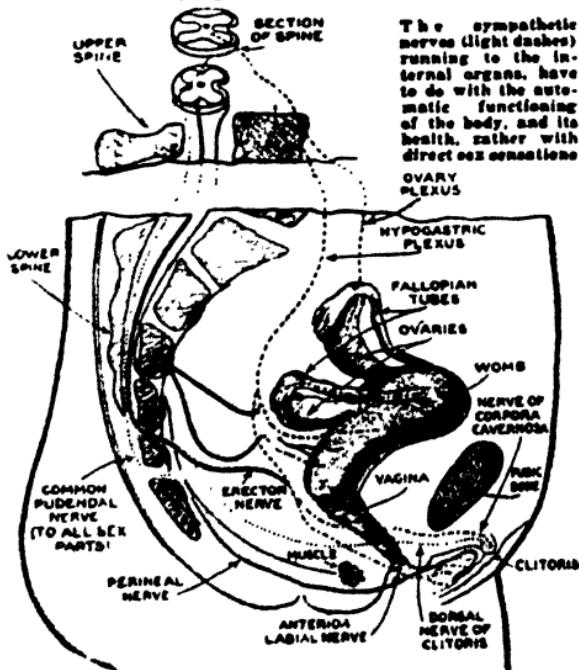
The *testes* (testicles are two glandular organs of oval form and about the size of an ordinary pigeon's egg. They produce the male germ, or *spermatozoa*, corresponding with the ovaries in the female which produce the egg or ovum. The testicles hang from behind the penis between the legs forward, one being a little higher than the other, thus preventing injury by a sudden compression between the limbs.



The *testicles* are extremely important and delicate organs. They produce and pass on the spermatoza of the male. When the highest pitch of sexual excitement takes place during intercourse which causes a climax to take place, the testicles release a flow of seminal fluid, which passes through the penis into the vagina of the female.

THE FEMALE GENERATIVE ORGANS.

The reproductive system of woman consists of the *vagina*, the passage to the mouth of the womb; the *uterus*, or *womb*, which is the receptacle of the *ovum* to which the male germ attaches itself thus bringing about pregnancy; the *fallopian tubes*, which convey the female ovum or egg from the ovary to the womb; the *ovaries*, or germ-producing organs, which correspond to the testicles in the male; and the *mammary glands*.



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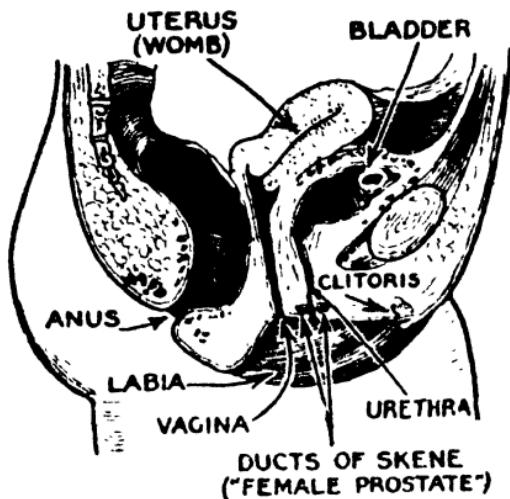
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A brief description of the external generative organs of the female is necessary as they are concerned in some of the explanations in this work.

The prominence over the pubic bone suited at the extreme lower part of the abdomen and cushioned with a thick layer of fatty matter covered with hair is called the *mons veneris*, commonly referred to as the "mount of Venus."

Immediately below the mons is the *vulva* or external opening of the female genitals. The external or greater lips commence at the pubic bone and descend underneath to within an inch and a half of the *anus*. They are united together above and below, but are perfectly separated in the middle, where they are also the largest and the most prominent.

The smaller lips or *nymphæ* are situated like folds immediately within the external lips. They are very sensitive in some women and seem to be one of the principal parts in which sensation is felt. At the upper junction of the two *nymphæ*, where they form a kind of arch, there is immediately within this a small firm body called the *clitoris*. In many respects this is a very important organ. Being composed of a highly sensitive sponge like substance. It has the power of erection similar to the male organ. The *clitoris* is so sensitive that the slightest friction causes intense excitement, bringing about a climax during intercourse in the female equivalent to the one reached by the male.



Infection finds two openings in the female body—the urethra and the vagina, which are distinct—instead of one, as in the male.

Connecting the womb with the external female generative organs is the *vagina*, a membranous canal attached in such a manner to the mouth of the womb that the latter projects slightly into it. The length and size of this canal are capable of enlargement to meet the dimensions of the male organ to which it furnishes the approach to the uterus. The entrance to the vagina, is, in virgins, usually more or less closed by a membrane or skin which is known as the *hymen*.

The uterus or *womb* which is situated in the cavity of the pelvis between the bladder and the *rectum* is, when normal, about three inches long and two inches wide. The womb receives and nutures the fecundated ovum. It is the home of the baby until actual birth takes place.

The *fallopian tubes* branch off from each upper angle of the womb. They are about four inches in length with a very minute canal which conveys the ovum from the ovaries to the womb.

The *ovaries* are two egg-containing bodies about the size of an almond nut situated on either side of the uterus. Their structure is firm and dense and expel an egg via the fallopian tubes into the womb just about the time when each monthly flow ceases, though occasionally not until two or three days after.

The *mammary glands*, or breasts of the female secret the milk that supplies the new born infant with food. They develop at puberty and increase in size during pregnancy. The two breasts are not immediately connected, but have a very close sympathy with each other. There is also a strong sympathetic connection between the breasts and the female generative organs.

CHAPTER III

HOW TO CONDUCT HONEYMOON.

The success, or failure of Marriage depends, to a very great extent, upon the manner in which the husband approaches his wife for the first time. Woman never forgets her first experience of the sexual act. That is, the first time she has surrendered himself to a man. She will never be able to destroy

her impressions, feelings and attitude toward the man who has conducted her initiation into the sexual act.

If woman's first experience of sex has not been what she has anticipated it to be. If, instead of being one of bliss and pleasure it has shocked, hurt and disgusted her, she will have nothing but contempt and repugnance for the man, and, in all probability, for anything and every thing pertaining to sex. Her heart will be closed not only to him, but possibly to all men forever.

If, on the other hand, the husband has succeeded in giving her that long expected, and anticipated pleasure and deeply emotional fulfilment which by nature, she is entitled to her feeling towards him will be those of strong and abiding love, tenderness and gratitude. Nothing, not even Father Time or change of fortune and circumstances, will be able to remove the memory of her first glorious sex experience. Even if at any later time, her husband should prove unfaithful or even desert her, the memory of her beautiful bridal night, still deeply engraved in her mind, will invariably create a spirit of forgiveness and loving forbearance. She will always remain thankful to him for having helped her to achieve her first climax in a completely satisfying, satisfactory manner. This explains why many wives keep forgiving their husbands for many acts that should ordinarily cause divorce or separation. The memory of an ideal honeymoon in the past wipes out the misdeeds of their husbands in later years.

Let us now investigate the factors that are necessary for the ideal honeymoon. It should not be necessary to mention it again here, but I must emphasize the absolute necessity for the husband to know all the important facts of sex, both regarding himself and his wife. He should know, first of all, not only all about the organs of reproduction, both male and female, but also the importance of creating and maintaining the correct mental attitude and atmosphere between himself and his wife.

This should be done, as we have said, in the same manner as during courtship, with the knowledge that he has now greatly increased responsibilities that his marriage has created. The husband is now responsible not only for his wife's material welfare; to clothe, feed and maintain her to the best of his ability, he is equally responsible for her health, both of the body and of the mind. The wife is definitely not, as I have stated, a mere chattel for the sole use and pleasure of the husband, but a partner, who will be the mother of his children and the gracious, loving keeper of his hearth and home.

The husband, then should approach his wife on the bridal night with the knowledge that his bride is in all probability somewhat bewildered, anxious and a little frightened at the important step she has taken. She is about to experience something that will arouse strong, lasting emotions which she has never had to contend with before. Her body will now have for her a new and vastly deeper

significance. She is about to be changed from a carefree, happy girl; an untouched virgin, into a woman, wife, and perhaps soon a mother.

The husband, on the very first night of the honeymoon, should keep uppermost in his mind that it is not necessary for "everything" to happen on the very first night. The bride should be given a little time to adjust herself to the new situation. She should be allowed a sufficient interval in which to become accustomed to her husband's presence before he attempts even the first steps of the sexual act.

The sexual act proper does not begin, as many men seem to think, when the male organ is introduced in to the woman's vagina. It actually starts with kisses and what is commonly referred to as "love-play". Woman's sex emotions take longer to arouse than man's. It is a well-known fact that man ordinarily reached his climax well in advance of woman. This must be avoided at all costs, or else the husband has received his satisfaction while his wife is still striving to reach her climax. Many marriages have soon ended in separations or divorce because ignorant husbands have not known this vitally important fact. The man must control his feelings until his wife is equally aroused, so that they both achieve their climax at the same precise moment.

This can be done easily if the husband prepares his wife properly in advance for the

actual sex-act. This should first be done by kissing and by using fond terms of endearment and affection in order that the woman too, may become likewise loving and be put into the right mood and atmosphere. From kisses the male may proceed to love-play. By love-play is meant the caressing and fondling of the more sensitive parts of the body, particularly the genital ones. These particular parts of the body are called erotogenic zones. Some are more sensitive than others, and their degree of sensitiveness varies according to the individual.

The most important of the erotogenic zones is the clitoris, and not, as many believe, the vagina, although the latter comes into direct contact with the penis during intercourse, as does the former. Professor Kofelt compares the clitoris to a key, the master-key to the genital apparatus of woman. The late Byron Robinson compares it to an electric bell that when touched rings up the whole nervous system of woman. It must be remembered that the clitoris is richer in nerve centres and therefore is even more easily excited than the penis, although it cannot have a genuine erection as the latter can. It is situated just within the upper end of the libia minor or small lips of the vagina and is slightly below the female urinary canal.

Other important erotogenic zones of the female are the breasts, ears, mouth, navel and the spine. The arm-pits, the nape of the

neck, hips and thighs are also included in the erotogenic zones.

Sometimes it so happens that the caressing and the fondling of the erotogenic zones do not always produce the desired results. They fail to arouse the passion of the woman. In such cases it is the duty of the husband to try and find out, by careful and tender research and exploration, the spot with the highest tension or voltage of his wife's anatomy. Not all women are the same, but all women respond to a caressing of one or more portions of their body, unless they are not organically sound. The husband should not neglect to locate the spot or spots that when touched and caressed, arouse his wife's passion. If he fails to do so, and begins the act of coitus without, having prepared his partner before hand, the result will only be pain and disgust for his wife while he is reaching his climax.

I strongly advise all men, young and old, married and unmarried and particularly those who are thinking of getting married in the near future to read carefully the following extract from an Englishman's autobiography, related by Havelock Ellis in his famous work "Sexual Education." It is important to point out of the reader that in this case, both the man and his wife never had any sexual intercourse until the day of their wedding, which in these days is not always the rule, especially in the case of men.

"We were married. I had always imagined what a shock her wedding night

must be for a girl with any sensitiveness, even if she were in love. I therefore adopted an attitude of "expectation". Our first night consisted in simply sharing the same room. We had discovered the French kiss, but it did not have the same effect on her clitoris as it did later on, whereas it caused me to have an emission. We spent several nights together, I sleeping outside the bedclothes. Then very naively she finally asked me to get under them. I had taken good care to undress in the dark. From time to time our bodies touched; and then, it being full summer, we threw off the sheets. Some inborn instinct inspired me to caress and kiss her breasts and this made her quiver. I had learned from books the meaning of this symptom and I touched her "love-parts" as Walt Whitman so beautifully expresses it. Little by little I went on exploring without hinderance from her; I found the way instinctively, my fingers took the required position, my lips touched hers, our tongues met, her body was shaken with tremours, she held me tight for a moment and sighed deeply.

I concealed my emission as best I could; neither of us dare speak and I could not say how long we remained thus. When I again had an erection I drew her to me, I lifted her thighs and explored the vestibule, into which I introduced my glans, then I began a rhythmic movement and I found I could penetrate just deep enough for the foreskin to be pushed back between the compressed labiae. We

kissed again and our orgasms came simultaneously. The same thing happened on the following night. But when I tried to penetrate deeper she recoiled as though I were hurting her. Knowing how far I could go, I introduced enough to induce orgasm; but at the moment she pressed me closer and I felt something giving way. It took a full week, with an interval caused by menstruation, to penetrate fully without her recoiling.

I am glad to have begotten our first child under these conditions, that is, without having forced its mother, and to have thus cemented our mutual confidence for all time.

I am now over 60, she is 61; we are still in love with each other, although I do not pretend that sexual feelings have been the predominant ones in our life. If every married man would try to imitate the procedure and technique and endeavour to show the same tenderness and sympathetic consideration for his partner in marriage as the man in the above autobiography, the result would be many more completely happy marriages and a great reduction in the number of divorces, separations and unhappy children having to live with only one, or without both, of their parents.

CHAPTER IV

**PRIVATE WORDS FOR
THE MARRIED**

A great deal has already been written and said on the subject of birth control. It is not my intention in this volume to add my views to those already available. Before proceeding further however, I should like to state I believe very strongly that parents should plan in advance for additions to the family, and not just trust to luck to keep the number of children within reasonable limits.

This does not mean that I necessarily believe or advocate any of the wide variety of artificial means such as sheaths, pessaries and similar contrivances recommended by the birth controllers. There are many sound arguments that can be put forward against using them, one of the main objections is that artificial means such as these for diverting the flow of seminal fluid from the vagina and womb take away a great deal of the sexual satisfaction that comes when intercourse is conducted naturally and properly by both partners. When the male uses a sheath over his penis in order to keep his seminal fluid from entering his partner's vagina, both he and she loose the direct contact which is so necessary for sexual satisfaction. The act in fact, soon becomes mechanical, and the result is that the husband either turns elsewhere for satisfaction or the wife eventual-

ally becomes frigid, or both disasters take place. Although there today are many compounds in jelly and tablet form which the woman may use in her vagina and thus eliminate the necessity for a sheath, complete faith must not be placed in the advertisements of the manufacturers who put them on the market. They are not definitely able to guarantee that their particular compound will positively destroy the spermatozoa before it can reach the womb and fertilize the ovum. Women particularly, must use great caution, and not use this type of safeguard indiscriminately. It is always best to consult a reputable physician, and learn from him whether the mixture is free from any harmful chemical that might eventually destroy or deaden all feeling in the tender tissues and membranes of the vagina and the sensitive nerves of the clitoris. Many couples, once ideally mated, have discovered to their horror and disgust, that the safeguards they have been using have eventually made it impossible for either one or both of them to enjoy complete and full sexual intercourse.

How often should married persons have intercourse? This is a question to which many married couples who have been together for years are still looking for an answer. It is not easy to give one in a few words, because the same reply would not be correct for all married persons. Most of the medical men looking at the subject from the standpoint of health have given as their opinion that couples

should engage in coitus not oftner than once in every ten days or one week.

With this advice as a basis, it is really for each individual couple to set their own limits. Some men are more strongly sexed than others, they therefore feel the necessity for intercourse more frequently than do those who are normal. Other men find after marriage that, due perhaps to ill health, pressure of work, mental worry or other distractions, they do not feel the need for any sexual intercourse more than twice or even once a month. It is well to remark here that it is a mistaken belief that all men find necessary, at least once a month, to have intercourse with a woman. This is definitely not so. Nature has a wonderful way of adjusting the sexual appetites of both men and women. Although, as we have already noted, the urgency is much greater in men, there are many of them who have gone weeks and months, and sometime years, without feeling the need, or being any the worse for not having any sexual intercourse with a woman.

Married couples after the honeymoon, as soon as possible should make it their business to discover the strength of their sexual appetites. This can only be properly done after the strangeness and excitement of the honeymoon is over, and when they have settled into the everyday routine which will be the main pattern of their lives.

There must be complete honesty, frankness and understanding on both sides or else

disagreements and misunderstandings are bound to arise. The cause of many bickerings is to be found in the fact that the husband, returning home after a hard day's work, wants only rest and sleep, while the wife is desirous of having sexual intercourse, or visa versa.

Many woman too, begin to complain soon after the honeymoon is over that their husbands are becoming cold and different to the very charms that so attracted and captivated them during the days of courtship and the honeymoon. Perhaps it is not always the fault of the husband. For all too frequently women forget to keep up their end of the marriage. They forget that it is equally necessary for them to keep up their attractive appearance and the qualities that secured for them the love of their husbands.

Too many women in fact, come to the conclusion after marriage, that now that they have acquired a husband, it is not necessary to maintain an attractive appearance, or exercise graciousness, tenderness, sensitiveness and all the other womanly qualities that first attracted their husbands to them.

Assumptions such as these are entirely wrong. Husbands are certainly entitled to expect that their wives will continue to take just as much pride in their personal appearance as they did before marriage. There is no reason in the world why, just because a couple are husband and wife, they should not exercise the same courtesy, consideration,

and sympathy for each other as they did during the days of their courtship and honeymoon. These things in fact, assume an added significance after marriage. They are of enormous importance in making the many adjustments that two persons now united together for the rest of their lives have to make in order that things may run smoothly and happily. There can be no completely satisfying marriage without respect, love, courtesy and consideration being practiced at all times by both partners towards each other.

CHAPTER V

UNUSUAL MARRIAGE CUSTOMS

We are usually inclined to gauge the standard of civilizations by their marriage customs. There are sound reasons for this, for the institution of marriage shows, perhaps more clearly than do literature, music or politics, the extent to which the civilization of any particularly group or race has advanced.

Thus we look upon the natives of the upper reaches of the Belgian Congo in Africa as a primitive peoples, largely because of their marriage and social customs. The women of these tribes are considered as chattel, and are bought and sold, and have an actual market value placed on them. They are not treated as human beings at all. In fact, they actually receive less consideration, sympathy

and attention than do oxen, which are rare and useful, and hence are more taken care of and considered more valuable than women, which are comparatively plentiful.

When a male in the Belgian Congo reaches the age when he desires a wife, it is the custom for him to make a tour of the neighbouring villages where, if the tribes are friendly, the women available for marriage are produced for his inspection and consideration. After selecting one he must then bargain with the father or guardians for the hand of his bride-to-be.

The parents of the bride, of course, attempt to secure as much in the way of goods or cattle, and particularly if she is well-favoured by nature, of oxen, as they can. If the visitor is strongly smitten by the charms of his selection, and he is foolish enough to show it, he has of course to pay a high price for the female he desires. But every prospective purchaser of a wife knows that he must not display any enthusiasm, or else it will be very difficult to make a good bargain. The outcome is that sometimes the bargaining goes on for days. The parents of the girl continually praising and emphasizing her virtues, and the prospective groom pretending that he is not particularly interested; that he is only taking the girl off her parents' hands in order to do them a favour, or else because he does not wish to waste time looking elsewhere.

What really amazes in these peculiar customs is that the poor woman has no voice

whatsoever in the selection of her husband. She is literally purchased just like any other goods, and is more or less treated in the same manner. The wife is only something to be taken in order to be useful. She has a value only when she is able to produce children and attend to the physical needs of her husband, who is literally her lord and master. Should she be ill-treated and run away in sheer desperation, she is hunted down and brought back to what amounts to virtual slavery. Her own family will not of course permit her to seek shelter in her former home, because that would mean returning all or part of the portion of the goods which they received as the purchase price from her husband.

Husbands in the Belgian Congo do not restrict themselves to only one wife. They purchase as many as they can afford, or consider necessary. And when they are in a position to do so, they replace their older wives with younger and more attractive ones whenever the opportunity arises.

Even today, amongst certain of the more primitive tribes in Africa, wives are not even bargained for or purchased. When a village has a sufficiently large number of married males, the warriors go out on raiding parties into more remote sections of the country. They lie in ambush near peaceful, unsuspecting villages, and swoop down on them at some unexpected time. If resistance is given the men opposing them are ruthlessly killed and

the younger women carried away into captivity. But frequently bloodshed is unnecessary. The chief or headman of the ambushed village agrees to a levy or toll, which takes the form of giving a specified number of the women to the marauders, as the cost of avoiding bloodshed and being permitted to continue living peacefully.

We naturally consider such social customs as very primitive and barbarous. It is interesting to compare them with those of the Eskimos, where women are comparatively scarce, and therefore greatly in demand.

The marriage customs of the Eskimos appear to be a policy of "share and share alike". In a country where the men outnumber the women one of two things must happen. Either a certain portion of the men are forced to do without wives, or wives have to distribute their favours among more than one husband. The Eskimos by nature a friendly, hospitable people, find that the latter system is far the most practical. In the icy wastes of the far North one finds a peculiar marriage custom, brought into force by the unusual conditions under which these people live.

The Eskimos, similar to other primitive peoples, live off the land by hunting and fishing. Most of their hunting has to be done during the weeks that they are able to move about on the ice and snow in search of seals, walruses, polar bears and other game. The hunters frequently have to move from their homes in search of food, and are thus for

many days and weeks without the company of their wives. It is their custom therefore, when staying at other settlements, to share equally with wives of the inhabitants in the village where they are stopping. The husbands of these wives are quite used to this procedure and there are no known cases where a jealous husband has refused to allow his visitor to cohabit with his wife. He knows when he is away from her on similar expeditions, he will get the same consideration wherever he may go in Eskimo land.

The women too, are apparently quite agreeable to this unusual custom. They are not treated, as in other parts of the world, like mere goods or cattle to brought and disposed of at will. The Eskimo has a great respect and admiration for his wife, and is the first person to resent any manner of insult either toward her person or good name. Prostitution as we know it, is even today an unknown thing amongst Eskimos. The woman act, without question, as the head of the household. The men being content to be the hunters and defenders of their homes. Domestic matters are fully under the control of their wives.

The Eskimo marriage ceremony too, is an interesting one. The males are considered old and stalwart enough to marry usually after they have speared and killed their first seal, after which they are declared fullfledged hunters by the elders of the tribe, and permitted to seek a wife, as women are fewer than

men, it is perhaps more correct to say that the female selects a husband from amongst the eligible males.

After an Eskimo woman has decided on the male whom she desires to have as her husband, she offers to do his sewing, which is equivalent to our courtship period. And if he is willing, she goes further and extends him an invitation to visit her in her hut, where he will also be able to enjoy a sample of her cooking and see at first hand, how excellent and efficient a housewife she is. During his stay, if it be prolonged longer than a few hours and they find they are congenial company, they decide to carry the courtship to the last stage and cohabit. By this final act they announce to the village that they are now man and wife. This they do by the husband removing his spears and other hunting equipment to his wife's hut and taking up his residence permanently there.

This is the simple marriage ritual of the Eskimos. To many of us who are accustomed to the elaborate marriage ceremony and the long and frequently courtships it may seem very casual and immoral, but the system works out very satisfactorily amongst the Eskimos. Divorce or separation are practically unknown amongst them.

The Hawaiians on their sunny inlands in the Southern Pacific have a different but equally interesting and unusual form of marriage ceremony. They have an unique and in many ways most suitable custom which per-

mits both sexes to choose their mates. For amongst these gentle, happy people there are no savage customs that place their women on the level of cattle or merchandise.

The Hiwaiian custom allows two periods in the year when the males may select their brides, and when the women can publicly make known the men who they desire as husbands. These two periods are ushered in by a great feast, in which everyone, young and old of both sexes, take part. After two or three days of dancing, feasting and general visiting, the males who are seeking wives are drawn up in a straight line opposite the women who are desirous of having husbands. And when the signal is given by the chief, the males dart to the women whom they want to have as their brides.

Frequently of course, more than one male approaches the same woman, but she is quite free to make her own choice, which she does by embracing the man of her choice. If those in the group who approach her do not appeal to her, she merely stands still, and this signifies that she does not desire any of them.

After the men have approached the women, and have either been accepted or rejected, it is the turn of the remaining women. The men and women who have not secured husbands or wives once again line up opposite each other, and at the given signal, the women approach the men of their choice when it is the males turn to either accept or reject the advances of the females. By this system,

usually all the men and women have secured partners, for care is taken to keep the numbers of the sexes as equal as possible.

In this manner the Hiwaiians select their mates. The system has, I have observed, certain distinct advantages over our own. For one thing, it permits women to directly approach the men they desire, instead of having to wait as they do under our system, until the male makes the actual proposal. It has of course too, the advantages of simplicity unfortunately not possible under our present complicated system of civilization in the Western world.

Equally congenial for both parties is the divorce procedure in use amongst the Hiwaiians. When a couple come to conclusion that they can no longer live amicably together, they notify the head-man of their village. At a meeting of the elders they are each given an equal opportunity to express their grievances, and after which the elders decide whether they should permit a separation or not. If they find that it is best for the husband and wife to part company, a strictly impartial division of the household goods is made. Both male and female are then again free to select new mates, after they have lived for one month in the men's or the women's quarters.

Until quite recently a religious sect called the Mormons were permitted to acquire more than one wife. The Mormons, which at one time, were an important religious group in the

United States of America, were very good colonists. It is they who made the vast and barren State of Utah in the United States into a rich, fertile farming country, and who founded the thriving centre which is called today Salt Lake City.

Here they built a magnificent temple at a cost of over seven millions of dollars. The American Government, as a reward for the great work accomplished by the Mormons under the most trying conditions, permitted them to carry out their religious practices freely. So that the Mormons, who believed that a man was entitled to more than one wife, were soon able to thoroughly colonize and populate their new territory. Their great leader, Brigham Young, who was responsible for moving the Mormons from the Eastern coast of America where they first settled to the then barren, dry wastes of Utah in the Western States, had in fact, 31 wives. But today the Mormons do openly acquire more than one wife. The custom has gradually died out over the years and public opinion in the United States now frowns upon this practice which was once a common place amongst the Mormons.

In a great number of European countries and in many Eastern ones the custom still prevails whereby the parents of the bride select her husband for her, and the male also has abide by his parents decision when he acquires a bride. This system became more popular in these countries, particularly in

Europe, as individuals acquired large amounts of property. The selection of a bride for heir to extensive estates is a matter that directly concerns the parents of both the bride and the groom, and many other relations and dependents all of whom rely on the estate for their welfare. The wealthier classes of Europeans therefore, exercise great care in the selection of suitable mates for their sons and daughters. In addition to health, and intelligence, social position is an important factor that must be taken into consideration. Money of course, is another important factor. It is always an advantage to have a bride that brings additional wealth by marriage. In this way many great landowners have increased their holdings. In most instances the custom seems to work out for the best, as many young persons, if left entirely to themselves, are apt to make their selections without taking all these factors into consideration.

I do not necessarily mean I agree that the above system of selecting brides is the most satisfactory one. I am in fact, opposed to it, as it definitely limits both the people who are most concerned. But until parents educate their sons and daughters to a degree where they are fully qualified to exercise their own judgement or their own best interests and those of their brides, I cannot see any other way that on the whole would work better. In America, where the divorce rate is very high, young people have absolute freedom of choice. The result is that far too many of them pick

the wrong mates and end up either in the divorce courts or else separated from their wives or husbands. Where there are children in the family as the result of the marriage, a divorce is not a satisfactory solution, for it separates children from their parents at an age when they usually need them most.

The only answer to the problem is education. Individuals should not be permitted to marry until they thoroughly know not only all the necessary physical details, but also the social and moral obligations that marriage entails in these modern days. They should always remember that marriage concerns the community and not only themselves.

CHAPTER VI

CHOOSING A BRIDE

In America, where the women have greater freedom than perhaps in any other country there are also a very large percentage of divorces. Accurate figures are of course difficult to secure, but it is estimated that nearly 40% of marriages in the United States end in divorce or separation. A very high figure indeed.

This problem has been carefully and widely studied by educators, doctors, divorce judges and psychologists for many years. Some of them have proposed drastic changes in the Divorce Laws in order that married

couples cannot so readily be divorced. For in states such a Nevada and California, a divorce can be secured on very thin, vague reasons. A wife, for example, need merely state that she and her husband are not mentally compatible. That is to say, temperaments are not suited to each other and they are given a divorce. The result has been that many couples in America rush into a hasty marriage knowing if it doesn't work out happily they can just about as easily and quickly secure a divorce. Cases where a man married three different women within 5 years or a woman who has had four husbands during the course of 6 years are not infrequent in the United States.

Judge B. Lindsay, a prominent American jurist has gained a world-wide reputation for his studies and theories on marriage and divorce. He is noted as the originator of Companionate Marriage and is the author of the famous book of the same name. Judge Lindsay's belief is that the main cause of the high divorce rate in America lies in the fact that it is too easy for couples to get married. Anyone of legal age at present may do so merely by making a statement to that effect before a justice of the peace. In most of the states in America, this is all that is necessary, only in some of the states persons have to insert a public notice, or file a declaration to that effect three or four days beforehand. Thus persons anxious to get married in these

states merely go into an adjoining state which does not exercise these restrictions, and are married immediately.

The theory that marriage should be made more difficult and divorce perhaps more easy is in many ways, a very sound one. For it is an undisputed fact that far too many persons marry the wrong people. Young people in particular, are very apt to mistake the first flush and temporary fascination that a new, attractive personality arouses as a deep, lasting passion that will safely carry them through the course of their married lives. When everyday, humdrum matters and difficulties arise or when they become used to each other, they too often find that what they took to be an abiding love is merely a passing infatuation or only pure physical attraction.

Judge B. Lindsay's theory is that all couples must have a certain period in which to thoroughly test their suitability for each other. He has proposed in his work "Companionate Marriage" that there should be a trial period before the marriage is finally legalized. "This period," says Judge Lindsay, "should be approximately one year in length, and during it, the couples could cohabit just as if they were legally and finally married if they so desired." If any children were born as the result of this "trial" period, they would immediately have to go through the final stage of the marriage. If no children are born to the couple, after a period of one year they

could either separate, without going through the long and sometimes expensive divorce proceedings that are now necessary, or else if they have decided that they want to continue, permanently, can go through the final stages of marriage. Under Judge Lindsay's plan, there would be two stages of the marriage ceremony. The initial one when the couple would declare their intention to live together for one year or less, which he calls "Companionate Marriage" and after that the final marriage ceremony.

Judge Lindsay has been severely criticised not only in America, but in other parts of the world where his beliefs have circulated. Charges of encouraging immorality have been laid against him, but he must be admired for his courage and efforts to solve a difficult problem that is now causing a great deal of unhappiness and expense largely amongst a class of people who can least afford it. I am inclined to agree with him up to a certain point, but I do not believe that couples should be encouraged to live together in order to arrive at conclusions that could just as well be reached and decided in the proper way by education and commonsense.

How then, should a man seeking a wife be able to judge between temporary infatuation and permanent affection and love. It is not easy to do and circumstances and variations of temperament are very apt to confuse and cloud his judgement. One can only

general rules which should be adapted to particular cases.

In the case of the man certain elements are absolutely necessary if the marriage is to have any chance of success. The first of these is good health. Both he and his prospective bride should be absolutely healthy, both physically and mentally.

If the male, at any previous time has contracted any sort of venereal disease, in no matter how slight a form, he should not even remotely consider marriage until a reputable physician has declared him entirely cured. The same is equally true regarding women. Their case in fact, is if possible, even more important. For while, as we have seen, both male and female contribute toward the creation of a child, it is the woman who builds it in her body and whose blood nourishes it before birth. As venereal diseases are much more difficult to cure in women, since they more rapidly infect the inner organs of her body, every prospective bride should be absolutely positive she has no venereal disease in any form, before her marriage.

In many western countries it is now necessary to secure a health certificate from a reputable physician before one can marry. This is sound legislation. For diseased persons; those physically unsound and those mentally feeble or derranged should not be permitted to bring children into the world at will. As children of diseased parents become older, they invariably become a men-

ace or expense to the state. A shocking case which clearly shows what can happen when a couple so tainted are allowed to marry and have children was recently disclosed in the state of Texas, in the United States of America.

In this state a woman, who had been a prostitute, married a man who, as the result of taking drugs, was mentally derranged. During the course of their married life this couple had eight children; 5 sons and 3 daughters. The daughters in turn, became prostitutes. Of the five sons of these tainted parents, two were hung for murder; one was feeble-minded from birth and has to be kept continuously in an asylum at considerable cost to the state and the remaining two have served many prison terms for a variety of crimes. Of the eight children seven have in their turn married, and the outcome is that there are now twenty grand-children many of whom, without question, will turn out to be just as vicious and dangerous to the public welfare as their parents and grandparents.

The above of course, is an extreme case, but there are many thousands of men and women who are physically unfit and therefore should not be permitted to marry and have children. Steps have already been taken in some of the states in America, and also in parts of Europe, to stop diseased persons from having children. This is usually done by what is known as sterilization. This operation, in the case of males, necessitates a

minor surgical operation on the testicles, which makes the spermatozoa impotent, and incapable of fertilizing the female ovum or egg. The operation however, does not prohibit the male from having an erection and coming to a climax, nor does it lower his sex feeling.

In the case of females sterilization is more difficult, as it means a surgical operation on the ovaries, which are buried deep inside the female anatomy. Science has however, made it quite safe, and the operation as in the case of males, renders the female ovum sterile, and incapable of development into a child. The female likewise, after being sterilized, still retains all the normal feminine sexual feelings, and is still able to enjoy and indulge in intercourse and secure full satisfaction by reaching a climax.

The first rule then, that must not be overlooked by the prospective bridegroom is that both he and his choice must be physically and mentally sound, if they propose having children. Other factors too, are necessary. If the male is a man who is fond of children and hopes to raise a large family he should select a woman who is likewise inclined both by nature and temperament.

A woman who is likely to enjoy having children is usually equipped with the physical characteristics of the natural mother. She will not usually be the slender type, but sturdy with well-developed hips and bust.

The woman who is designed by nature to become the mother of many children will have a calm, even temperament. She will not be greatly interested in intellectual topics. Her life will resolve around her home and children.

CHAPTER VII

LOVE ACCIDENTS AND THEIR TREATMENTS

The most terrible and lasting scourge which can result from sexual intercourse is the infection of the man or woman with one of the many forms of venereal disease, which equally with cancer and tuberculosis, is one of mankind's "Public Enemies No. 1". It is regrettable but nevertheless true that the general public has no conception or idea of the prevalence and seriousness of this shocking scourge which is only to be found in the human race.

Veneral disease is as old as humanity. It was known to the Chinese and Japanese over five thousand years ago. It was likewise known to the Egyptians, the Greeks and to the Romans. The Hebrews were also acquainted with it. Both Ghonorrhœa and Syphilis are mentioned in the Bible. The former in Leviticus, where it is described as a "running sore and the latter in Numbers, XXV, 8.

According to history, it was first introduced into Europe by the men of Columbus on their return from the New World, about the year 1493, where they had contracted it from the American Indians.

There are three main or common forms of venereal disease; chancroid, gonorrhea and syphilis. All three of them as a general rule are contracted through intercourse with a person who is already infected. An individual may be suffering from more than one of them at the same time. In fact it has been known for a person to be suffering from all three of them together.

Syphilis is the most serious of the three venereal diseases. But it is not the most common, which is gonorrhea. The latter is much more common, but not nearly so serious as the former, on account of the fact that it is not hereditary. Cancroid is the least serious and also the least prevalent of the three diseases.

Let us first examine the most common gonorrhea. It usually makes itself known within three days after exposure, that is, after intercourse. On the other hand, it has been known to make its first appearance only after three to four months. It has likewise been known to declare or manifest itself as soon as 24 hours after intercourse.

The infected person first notices an inflammation or swelling of genetial parts and experiences a kind of itching or burning

sensation in the uretha and a discharge of thick yellow pus.

Gonorrhea is likely to leave grave after effects if not attended to immediately. The fact of it not being hereditary is not a reason for treating it lightly. It may cause inflammation, crippling or stiffening of the knee joints. Gonorrhreal rheumatism is a well-known after effect. It may also cause internal trouble in women and make it impossible for them ever to have children. Sometimes it attacks the heart and causes septicaemia, the result of which may be suddenly fatal. In every case where gonorrhea is not properly and promptly treated there will be a definite decline in sexual powers of the infected person.

It is most important to remember that no reputable doctor or hospital will ever give an undertaking or guarantee to cure a patient within a limited period of time. The usual period is about three to four months. It may take longer or it may take less. It all depends on the circumstances and the health and recuperative powers of the individual. If the patient is not cured within the time he or she is expected to be cured, there should be no disheartening. Only patience, perseverance, time and the fullest co-operation on the part of the patient in carefully and accurately carrying out the instructions of his or her doctor can a complete cure be effected.

The treatment of gonorrhea is being improved upon very rapidly. The present

method by injections or innoculations are practically painless. The infected person is innoculated with virus of his own disease or he is given injections of gonocci which have been destroyed beforehand. These injections or innoculations start reactions in the form of antibodies attack the active gonocci and destroy them.

Always remember that reputable doctors never advertise. It is only charlatans and quacks who advertise a sure, quick cure for venereal disease. Frigidity in women, impotency in men and venereal disease are the dumping ground, fields wherein the quacks and charlatans reap a rich and neverending harvest from unfortunate and ignorant sufferers. It is most important to remember that all these quacks and charlatans have little or no knowledge of medicine, but only a knowledge of the weaknesses of human nature. Their remedies, if at all effective, only succeed in making the rash of syphilis disappear or stop the discharge of gonorrhea. They do not know, for certain, whether the rash or discharge is due to syphilis, gonorrhea or to something entirely different. They only know that such and such a remedy will stop the discharge or render the rash invisible. Once having gained the confidence of the patient, they endeavour to prolong the treatment as long as possible, so as to extract as much money from him or her as they can. They are not interested primarily, in effecting a sure cure for the patient. that is

always beyond their powers. They are only interested in the money that can be extracted from the person unfortunate enough to become a victim of their swindling methods.

Always and without hesitation, go to the nearest reputable doctor if you have even a suspicion that all is not well. Never trust to your own judgement or wait and see what will happen. The disease may be making headway further and further into your system while you are hesitating to take medical advice. Do not rely on the recommendations of friends who advise taking patent medicines, there is no reliable cure-all for venereal diseases for sale in any country.

These are some of the more important rules that must be followed:

1. Under no circumstances should you have sexual intercourse or marry until such time as your doctor assures you after many tests and examinations that you are completely cured and at liberty to do so.
2. Always sleep alone as long as you are infected, otherwise you are likely to spread the disease amongst others.
3. Cleanliness is most important. Be sure always to wash your hands immediately after having touched the diseased part. Should you fail to do so, you are likely to carry the disease to your eyes and by so doing cause temporary or even total blindness.

4. Under no circumstances should you allow or permit another to use any of your personal toilet articles, such as a hair brush, shaving brush, towels etc. Because the person who uses them runs the risk of becoming infected with your disease.
5. All alcohol and spicy foods must be avoided. It is advisable not to drink tea or coffee. Plenty of fresh water and fresh milk should be taken daily, even if you do not like it.
6. Physical activity should be avoided as far as possible. Long walks, no dancing, no horseback riding, no cycling or motor cycling. All kinds of athletics and the lifting of heavy weights should be avoided.
7. It is most important that the bowels should be thoroughly moved every day.
8. If it is possible for the patient to stay in bed for the first few weeks of treatment he or she should do so.

If you carefully follow these rules and the advice your doctor gives you and co-operate with him to the best of your ability by carrying out his instructions, you may be assured of a complete cure.

We shall now examine the most serious of the venereal diseases, Syphilis. Like gonorrhoea, it is as a general rule, contracted by having intercourse with some one who is already infected. It is also possible to be-

come infected with it innocently by using the toilet articles of an infected person or by drinking out of a glass or cup or other vessel which had been previously used by a syphilitic person or by kissing someone who is infected. It can likewise be contracted from a lavatory seat or wash-hand basin which has been used before hand by an infected person.

The first stage and also the first sign of this scourge of humanity, syphilis, is the appearance on the infected part of the body, usually on or around the genital parts, of a tiny pimple, sore or ulcer. This pimple is hard and is covered in thick pus, and is called soft chancre;

When this appears, you may be sure that you have contracted the dreaded disease and that it is time you called upon a reputable doctor.

Several weeks may go by and you will not feel or see anything but this tiny pimple and as you do not feel any inconvenience, you may think that it is just an ordinary one, and that it will go away of its own accord. It may disappear altogether without any treatment, but this is not a proof that you are not infected or that you are cured and therefore that you do not need the services of a doctor.

After some time, you awake one morning to suddenly discover on your arms or chest a kind of red rash. This rash spreads rapidly and can be easily mistaken for small pox. In

fact there are cases on record where the diagnosis has been given as small pox, and instead of treating the patients for syphilis, they were treated according to the diagnosis, that is to say, for smallpox. This rash is the second stage of syphilis.

Syphilis, like gonorrhea can be cured. If the patient puts himself or herself under the care and treatment of a reputable doctor in time and if he or she is conscientious and persistent in following the advice and carrying out the instructions of the doctor, the chances of a complete cure are 100% certain. But if on the other hand, the patient neglects the treatment and only takes it spasmodically, he is wasting his time and money and the time of the doctor, by retarding the cure and what is more, taking the risk of never being cured at all.

The most successful treatment of syphilis includes the use of the well-known "606". Orsenic, iodine and mercury are also used in the treatment of syphilis. In recent years the use of bismuth and silver has been found to be very popular.

If the patient follows the same rules as those given for the cure of gonorrhea and adds to them the rule of not smoking or chewing tobacco until such time as the doctor tells him or her that he or she is at liberty to do so, the chances of a complete cure, are, as already stated, practically 100% certain.

It may take two, three, four or even five years before the doctor will grant the patient a certificate stating that he or she is at liberty to marry. But is it not better to wait two, three, four, five or even more years than take the risk and responsibility of inflicting upon your wife, children, grandchildren or even great-grandchildren, this terrible scourge of the human race?

Chancroid is the third and least common as well as the least serious of the venereal diseases. Like gonorrhea and syphilis, it is usually contracted by having intercourse with someone who is already infected. As it thrives on dirt and filth and filthy surroundings, it is as a general rule, associated with the lower classes.

It makes itself known by the appearance of a soft pimple or ulcer on the infected part of the body, which is as a rule, on or around the genital parts. It is rather painful and is covered in thick yellow pus. As it is only a local disease, it does not disseminate into a systemic disease, as is the case with syphilis. It is slow or sluggish in healing, taking anything from six to ten weeks or even more before being completely cured.

The chief danger of chancroid, lies in that of a mistaken diagnosis. A hard chancre or syphilis, which is one and the same disease may be erroneously treated for chancroid or soft chancre, may be treated for syphilis.

An excellent treatment for chancroid or soft chancre is an application of a 33% calomel

ointment. Applications of a 10% pyridium ointment and a solution of 10% pyridium also give excellent results.

Now that you have learned a little about venereal disease, you will realise and understand how important it is for everyone of us, rich and poor alike, to realise the importance and the necessity of protecting and safeguarding ourselves against the "Public Enemy No. 1." of humanity, not only on account of any inconvenience, pain or suffering it may cause us personally, but chiefly on account of the pain and suffering it may cause to others, such as our wives, children, grandchildren and even our great-grandchildren, and also for the health and safety of future generations.

It is most important that all of us should realise the frightful prevalence of this scourge of humanity. We must likewise realise and never forget the ease with which one can become infected and the rapidity with which it is spread to others.

Having realised and understood the danger of venereal disease, it is only natural that we should ask, how are we to protect and safeguard ourselves against it. And after taking the necessary precautions to guard ourselves against the disease, how can we be assured that these precautions will give each and everyone of us a hundred percent immunity?

Although there are several methods or precautions by which we can lessen the risk of becoming infected with venereal disease, none of them unfortunately, can be guaranteed to give us a hundred percent immunity.

The following rules if followed carefully will help to lessen the risk of becoming tainted with this scourge of humanity.

1. Cleanliness is the first protection. It is always advisable for both the male and the female to wash their genital parts with plenty of soap and water, before the act of coitus.
2. It is advisable for both the male and the female to urinate immediately or as soon as possible after having had intercourse.
3. The danger of infection can be very much lessened, if both parties disinfect their genital organs before and after the act. Instead of a douche, the woman can if she prefers, employ the use of antiseptic suppositories. But if she prefers the douche, she should douche herself with permanganate of potash. A protection for the man or the woman against syphilis, is for the former to smear his penis and the latter, her vagina, with a 30% calomel ointment.
4. Then we have the condom or sheath. This affords protection against all forms of venereal disease. It must be of the best quality, otherwise it is

useless. It protects the man as well as the woman, by preventing the possibly infected secretions reaching the female organs. But as these sheaths deaden sensation, they are not very popular. Great care must be taken in removing the condom not to allow or permit the part which has been in contact with the female organs to touch the orifice of the uretha.

5. An excellent method is to disinfect the uretha immediately after intercourse, either by an injection of an antiseptic like 120% solution of silver albuminate or by injections of warm water mixed with some antiseptic. Care should be taken that the liquid does not enter the bladder.
6. The introduction of small bougies of cocoa-butter which should contain some antiseptic may likewise be recommended. Although it melts rapidly, it should be retained for at least five minutes.

Any of these six remedies will help to lessen the risk of becoming infected or tainted with venereal disease. But, as already stated, none of them, unfortunately, can be guaranteed to give us a hundred percent immunity. Therefore, it beholds everyone of us to take particular notice of everything for several days after exposure, and at the slightest sign or suspicion of disease, to rush immediately to

some reputable doctor. If we are not in a position to afford to visit a specialist we must go to the nearest hospital or clinic to find out whether or not we have become infected. And if we find, that we are infected, we must have ourselves, treated immediately by a reputable doctor. Not only it is a duty that we owe to ourselves it is also a duty that we owe to our country and to all humanity.

A few Dollars, Francs, Rupees, Shillings or Pounds, spent on immediate and prompt treatment, may mean the saving of hundreds later on. It may even mean the difference between life and death.

Once again, let us remind you not to let yourself be influenced or misled into buying those frequently and highly advertised drugs and medicines of quacks, which promise everything, but achieve nothing. It cannot be repeated too often, that impotency in men, frigidity in women, venereal disease and even the practic of masturbation, are the dumping grounds of quackery and of chalantancy, from which a very rich harvest is reaped.

CHAPTER VIII

PERSONAL HABITS AND HYGIENE

Since sex and desires and based on physical attractions, it is most important that both husband and wife should not develop any personal habits that will be obnoxious to their

partner. Before marriage both parties should have a frank and searching investigation of all their personal habits, and forwith break themselves of any that are liable to be in the slightest degree irritating or undesirable. Habits are insidious things. They can be acquired without it being realized that they have buried themselves deeply and have become an unconscious part of our everyday actions: Once acquired, they are exercised automatically. Habits are therefore ignored. More often than not, they are not even recognised as such and are thus not easy to get rid of. Men and women, on the eve of their marriage, should painstakingly take an inventory, and firmly decide to immediately stop indulging in any habits that their future partner might not approve.

Habits are dangerous because they are usually little things, and are thus made light of. It is not by any means an exaggeration to state that many marriages are broken up and many others merely indured on account of one or both partners having acquired habits that they ignore or refuse to break. I mean here the small, physical actions such as scratching, nervous movements of the limbs and similar habits that frequently break moods when exercised at the wrong time. Far example, visualize a romantic scene. The husband and wife are in a most loving mood, as she is about to put her arms around her husband, he suddenly and vigorously commences to scratch his nose.

The more civilised humans become, the more delicate is the balance on which sex desires are based. It cannot function properly, if at all for example in an atmosphere where one of the partners is indulging in the habit of making jokes. Humour, of course, has its definite place in our lives. It is in fact, one of the qualities that lifts us above the level of the beasts, but humour has no place in romance. Similarly, many small habits when viewed separately, do not seem in the slightest degree important, but when indulged in at the wrong time they are frequently fatal to a happy marriage.

Personal hygiene is of course, of extreme importance. When a man and woman are living together in the closest possible relationship it is of paramount importance. Bodily cleanliness is at all times one of the first rules for a satisfying marriage. Never should the basic essentials for practical hygiene be ignored, even for one day.

Hygiene is particularly necessary for women. Their bodies need considerably more attention than do those of men. The rules and suggestions which follow therefore, are meant particularly for wives.

First of all by cleanliness I do not mean merely an absence of dirt. Even primitive peoples take care to remove all dirt from their bodies at certain times of the day. It is not necessary here to stress that point. By cleanliness I mean the fragrance, the freshness one associates with clear running water, with

sweet peas and with all the other images that the word cleanliness creates in your mind.

First of all for women a bath should not consist of a plunge into a tub of hot water, accompanied by much scrubbing with a cake of soap. Perhaps it is all that is necessary for men, as it removes the dirt. But women have to do more than that. They have to soften and scent their bodies, and to achieve that they have to take a little more trouble.

First comes the preparation of the bath water. Soften it with a handful of oatmeal or bath salts, or a dash of essence, which should have the same perfume as the soap and powder. If a particularly good toning bath is needed, shake in a packet of foam bath salts and lie for a considerable time in their bubbly froth.

If the skin is inclined to be dry, a little body oil should be rubbed in before stepping into the bath, and after the bath the body should be massaged with toilet water, or Eau de Cologne, working with quick, steady movements towards the heart.

In the bath, superfatted soap and sponge or brush should be used. The body should be well lathered and the skin scrubbed until the circulation livens up. Feet, toes, heels and soles as well as those portions of the body which are inclined to perspire. All traces of soap should be thoroughly removed and the pores of the body closed by dousing everywhere with tepid water.

Care should be taken that all superfluous hair is entirely removed from all parts of the body. Husbands appreciate wives with a smooth, flawless, clear skin. There are many reliable hair removers available. Do not hesitate to make use of them whenever and as often necessary.

After the bath, when the body has been thoroughly dried, it should be massaged, and then dusted down with a soft smelling powder. The preparation used must match in perfume, so that an elusive, scarcely perceptible aura of fragrance is created.

Before dressing, real perfume should be used with cunning and economy. Use perfume every day, and always remember it should be applied to the skin, and not to wearing apparel. Perfume the hands, the throat and shoulders, also the back, bosom and hair. Try at all times, to create the illusion that a lovely fragrance is natural to any portion of the body. The trouble involved will be more than repaid by the happy look of desire and affection in the eyes of the husband.

But having a lovely, fragrant body is insufficient if the skin is not attractive. The skin is the telltale of the physical and emotional stamina. It must be continually externally cleansed, softened, toned and protected.

Keeping the skin clean is of course, the most important rule. A good cleaning cream is absolutely essential. The ideal system is

to use soap once a day and precede it with the cleanser. Next in order comes the lubricant, or softner, a cream which will restore to your skin the oil it has lost.

Toning is that part of the treatment that keeps the skin clear and fine-looking and banishes sallowness and coarse pores. Toning consists of patting to improve the circulation, and the use of a tonic that clears all sallowness and draws out impurities. Any reputable beauty parlour will be able to give sound, practical advice on how to keep the skin clear, fresh and youthful. In hot, tropical climates it is particularly important that the skin is not neglected or else women look years older than their actual age.

The old theory for a happy marriage has completely altered with the time. Once it was taken for granted that all that a husband expected from a wife was that she should take care of his house and be the mother of his children. We have seen, in the previous chapters, that women want and expect to be more than mere household chattels. Modern marriage places more demands on both partners. Wives today must also be companions to their husbands. The emancipation of women has also greatly increased their responsibilities. The modern happily married couple operate their marriage on the partnership basis. It is the duty of the husband to earn to provide for his wife and family. It is the duty of the wife to run his home efficiently and economically. Both share and particip-

ate together in their diversions and amusements. No longer does the husband ignore his wife except when he wishes to satisfy his sexual desires. Wives realise today that they cannot afford to ignore their physical appearance or mental development. They must be in a position to discuss and have a knowledge of current affairs and their husbands' businesses. They must not permit themselves to get fat and blowsy after marriage, or else the husband soon finds someone more attractive and up-to-date on which to lavish his interest and affections. Thus modern marriage while it makes more demands, particularly on wives, gives in return a much greater measure of satisfaction and happiness. For what intelligent woman enjoys being looked upon as a mere household servant or as only an instrument for the satisfaction of her husband's sexual desires.

It must be realized by all husbands and wives that a successful, happy, marriage necessitates an intelligent attitude by both partners. The wife should not neglect to maintain and if possible, enhance the physical attractions that secured her the love of her husband. She must always keep uppermost in her mind that a marriage license does not by any means entitle her to the love, respect and admiration of her husband permanently. That can only be held if she does everything possible to keep herself young and attractive. A little time each day devoted to the development of her beauty will certainly not interfere

with her household duties, and if she organises her work efficiently, she will also have time to learn and understand all about current affairs, and thus be able to converse intelligently with her husband, or when guests are present. A wife who is beautiful but dumb will not long retain the admiration or respect of her husband. The only really happy and completely satisfying marriages are those in which the wife is a combination of wife, mistress and companion. She then firmly holds her husband's affections and regard. Most marriages are tragic because the wife is only one or two of these, with the result that the husband is forced to look elsewhere for the qualities that he should have in his wife.

CHAPTER IX

ANCIENT AND MODERN LOVE CUSTOMS

Customs in love, along with other social changes, have altered beyond recognition during the past 500 years, or have disappeared entirely. What was once the common practice is now looked upon as definitely not permissible, and in some instances, actually illegal. Take for example, the practice that was in common usage during the Middle Ages, when knights joined the Crusades, and spent long periods in far off countries. It was the usual custom of that period for the knights

to have what was known as Chastity Belts made and affixed to the slender waists of their fair ladies, in order that their wives or sweethearts would not be able to become familiar with any male while the Crusaders were away. The Chastity Belt in fact, was a barbarous device which did not permit women to have any sort of sexual intercourse. Made out of wood, it was literally a wide wooden belt which was fitted around a woman's waist and fastened in front with a heavy padlock by the husband, who carried the key away with him on his far off Crusade. Thus for months, and sometimes years, the women of that period were forced to live encased in awkward, heavy and frequently extremely painful chastity belts, and if they grew stout, as many of them did, the belts became agonizingly tight. If the poor victim was able, she had a locksmith release her from her painful imprisonment, or else she was forced to starve or adopt other methods to keep her weight in check.

In these modern times. When women have greater freedom than they have ever enjoyed, no woman would permit such a humiliating, painful device, and if she were ever weak enough to succumb to one and the authorities heard about it, they would unquestionably have the husband jailed, or heavily fined, or both for being so cruel to his wife. Chastity Belts, a love custom once in common practice, have for many centuries been discarded.

The history and development of most of the love customs are in fact, directly related to the growth of women's liberty, which is, as time goes, a comparatively recent social development. The manners and customs of men in their relations to women have of course, also been directly affected by women's eman-
pation. In bygone days when men were the undisputed masters, and women mere chattels kissing was considered effeminate. That is to say, men did not, as a rule, show their affec-
tion by kissing their women as is the common custom today. Even in this age, in many parts of the world, kissing is not indulged in between men and women. The Chinese for example, do not usually kiss women, neither do the Japanese. The Eskimos consider the act of kissing absurd. They show their affection toward each other by rubbing the tips of their noses together. Kissing in fact is even today, only the custom amongst Wes-
tern nations, although there are many Eastern peoples who also make it an expression of love and affection.

No so very many years ago the Ameri-
cans had a love custom that is now out of fashion. In the days when America was being settled, before the era of the modern plumbing and heating systems, their houses were kept warm in the cold winter days by means of wood stoves situated in the main or living room of the house. Many houses of the old-time American settlers of those days consisted in fact, of only one room, around

which the members of the family used to gather on the long, cold winter evenings in order to keep warm. This system placed a great handicap on the young ladies when they were at the courting stage. For how could they manage to get a young man to propose when all the members of the family were clustered about in one room? So what was known as 'bundling' came to solve the problem. Bundling consisted of the courting couples retiring to the bed, where they were permitted to lie under the covers in order to keep warm away from the stove. Of course they were fully dressed, and in order to make sure that the young couples merely talked to each other, and at the most, did not get any further than the hand-holding stage, a long board, the full length of the bed, was fixed between them under the bed-clothes.

"Bundling" was a very common love custom in the early pioneer days on the American continent. It was, as I have shown, created from the necessity of making it possible for the young people of marriageable age to do their courtships in a place that was warm and comfortable enough to bring thoughts of love and romance. Modern ingenuity which has gained the mastery over the elements has dispensed with a custom that must have found high favour with the young folk. Romance is thus today much more matter of fact and unromantic. Perhaps this explains why so many divorces are the rule, instead of the exception. As our civilization speeds up, we

are inclined to make snap decisions and judgments which we afterwards find are entirely wrong. No man or woman should decide hastily who their live partner will be.

CHAPTER X

PERVERSIONS AND FETISHES

A large amount of misunderstandings are created by men and women who have no knowledge of perversions or fetishes. It is essential for married happiness and sexual satisfaction that man and wife should have this knowledge, in order that they may know the sexual mental thoughts which are in some cases of equal importance. Proper and complete passion can never be created, particularly amongst the educated and refined unless first sexual thoughts are aroused and stimulated.

Psychologists have come to the conclusion that the completely normal person is extremely rare. That is to say, most of us have habits, ideas and particularly mental trends that make us deviate to a greater or lesser degree from the absolutely normal person. As human beings become more civilized and educated, their mental processes likewise become more complicated; fluctuating more from the normal. They are thus likely to develop habits and mental trends which in

the realm of sex are called perversions. Such persons are commonly referred to as abnormal.

Any experienced prostitute in a large city has come across a variety of these sexually abnormal persons, who otherwise are quite natural, and display their peculiarities perhaps only in the field of sex. These peculiarities take a variety of forms and are to be found in a greater or lesser degree in nearly one out of six men who visit prostitutes. The average man feels quite free when he visits a prostitute. He has paid and therefore indulges in any peculiarities he may have which makes the sex act more exciting and satisfying to him. A large number of married men who visit prostitutes do so in fact, because it is only in their company that they can freely indulge in perversions that they carefully hide from their wives and the outside world.

In order thoroughly understand perversions it is necessary to recognize the fact that most women are inclined to be masochists and the majority of men sadists. Masochists are those who enjoy having physical pain inflicted on them either before or during intercourse. Sadists are those whose enjoyment or excitement is increased when they are able to inflict pain on their partners before or during the act.

One of the most common of perversions is flagellation or whipping. Before the pre-

sent war, every large city had its houses where prostitutes permitted themselves to be beaten or whipped in order to arouse and inflame the sexual passions of men. Care is taken of course, that no serious injury is inflicted. There have been known cases where wealthy men have paid large sums to women who were willing to submit to whippings until they were nearly unconscious, or whose backs and legs were bruised and sore for many days afterward.

Other male perverts prefer using their hands to inflict pain. When their desire arises, they squeeze, pinch and oftentimes strike women until large portions of their bodies are black and blue. In extreme cases of this sort, large sums of money have to be paid, in order to secure prostitutes who will submit themselves to a sufficient degree of brutality. If wealthy and married men usually conceal all such sadistic tendencies from their wives, as no normal woman would bear for every long such rough humiliating treatment, unless she too is of the opposite extreme, that is an extreme masochist.

Altough, as I have pointed out, sadism is found in most men and masochism in nearly all women these traits are not as a rule, exercised to such extremes. However, it is important to remember that the male is dominant, and that during or before the sex act, when inflamed by passion, he is liable to act in a rough and even violent manner that he would not ordinarily dream of displaying.

Fetishes are cases of men or women who are sexually aroused only when they can see and fondle those portions of the human body not usually having any sexual attraction, or somepiece of wearing apparel. There are men for example, whose fetish is feet. The parts of the female body that ordinarily arouse sexual passion in men do not affect them to the extent that a woman's foot does. They only get properly excited at the sight and touch of a woman's foot. Psychologists have reported cases of men who have paid women to walk and tread on them with their bare feet until their passion has been aroused to a degree sufficient to complete the sex act.

Likewise there are men whose fetish is a woman's hair, arms or hands. Who are sexually aroused only when able to see, touch and fondle those parts of a woman. Cases have been recorded of men whose fetishes were shoes, and who required prostitutes to parade before them nude, except for the shoes that must be worn.

Fetishes take many forms and abjects. They are usually the outcome of some early experience which associates the sex act with some particular object thus causing the passions to be aroused only when that object is again directly associated with the sex act. As men are always able to find a prostitute in order to freely indulge in any peculiarities they may have which creates greater sexual excitement for them, it has been possible to compile records of a great many perversions

and fetishes. As women are more timid and less dominant, and are not given the same opportunities to indulge themselves in the same way, records of women's perversions are comparatively rare, although it is a recognized fact that they too, frequently have their oddities and peculiarties before or during the sex act.

There are those persons, on the other hand, who cannot get sufficiently aroused unless the preliminaries before coitous take a certain definite pattern. A London prostitute reported a case of a famous actor who used to visit her regularly each week. On his first visit he explained to her that a little drama should be enacted, which was necessary to arouse him to the proper pitch of sexual excitement. This little drama consisted of the prostitute taking the role of a shy, young typist seeking employment in an office. The actor of course, played the part of the prospective employer.

The prostitute was requested to carry out her part as an innocent, modest girl, desparately in need of work, and if necessary, willing to do anything to secure a Job. As this particular prostitute must have also been a talented actress, she was able to play her part most convincingly. The actor, in his role of the employer was able to fully loose himself in his role, and the result was by creating an illusionary suitation, he was able to excite himself and secure complete satisfaction by

imaging that he was a passionate business man reducing a young and innocent girl looking for work.

Prostitutes have reported many cases where they have been asked to pretend that they were shy, absolutely innocent, virginal maidens, thus satisfying the sadistic tendencies of men who apparently were not able to become sexually excited unless they were made to feel they were forcing an untouched, innocent woman and inflicting some measure of physical pain during the sexual act. This trait in men soon becomes a quickly known fact to most prostitutes who, in order to bring the act to a quick conclusion, pretend to be shy, inexperienced women, forced into prostitution by circumstances beyond their control. Successful prostitutes are invariably those who are able to convince men that they are new to the business, and that they actually feel affection and passion only toward the particular male they happen to be with at that time.

A knowledge of perversions and fetishes is useful for two reasons. Firstly, they teach us that there may be many little variations before the sex act which help to keep it from always taking the same pattern. Even sexual passion, if always expressed in the same manner, will soon grow monotonous and become ineffective for one or both partners. Married couples should always try to discover new and more delightful ways of making love to their mates. Secondly, remember in the art of

love, it is impossible and foolish to attempt to make any set of rules, or map out a set course of actions or directions. It is the purely impulsive, loving actions that make the art of love ever new and fascinating. When carried out as a martial duty or habit, or because one is expected to do so, love and the sex act is degraded. Sexual passion must always be the result of love and affection. It must never be reduced to a formula. The act of sex must always be the final outcome of spontaneous bursts of affection. Sexual intercourse therefore, can never be completely satisfying to both parties unless they really love each other.

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